

Women's Aid East and Midlothian

This is Me, Here I am (10 week group work)

Brand new support group - starting soon!

We are delighted to announce details of our brand new group work programme starting from 2nd September 2021. This course is run for survivors by survivors.

THIS IS ME, HERE I AM...

...is a FREE 10 week group that is **run by survivors for survivors**. We support your journey beyond domestic abuse to reclaim our bodies, minds and voices. We become empowered through conversation, reflection and different creative activities to take actions that help us make positive change in our world and the worlds of others.



The workshops are empowering, slow paced and supportive allowing you to thrive and move through your experiences of violence and abuse.

The group will be delivered online (using Zoom). When we confirm your space on the group you will be sent a link to join the online sessions. When you sign up you should be in a position to attend all 10 sessions.

You should have completed group work support (e.g. Freedom Programme) provided by WAEML before attending these sessions.

Workshops Themes

1000	Arrival & registration Welcome & introductions
1030	Group activity
1200	Session close
02.09.21	1: Who we are
09.09.21	2: Loving Ourselves
16.09.21	3: Body: Walking
23.09.21	4: Body: mind-pleasure
30.09.21	5: Society and sexism
07.10.21	6: Using our voices (online)
14.10.21	7: Power
21.10.21	8: Making a change
28.10.21	9: Our journey – stepping forward
04.11.21	10: This is me, here I am!

Sign up now...

We are now taking bookings onto for the group. To be eligible we ask that you commit to attending all 10 weeks.



To request more information or to register on the group work programme contact:

Julie Watson

Tel: 0131 663 9827 / Email: julie@womensaideml.org

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Booking Form: This is Me, Here I am

September 2021 Group

Name:	
Address:	
Phone Number:	
Email Address:	

<input type="checkbox"/>	I am happy for my details to be passed to course facilitators
<input type="checkbox"/>	I have access to a device to enable access to Zoom

Details of group work support previously completed with WAEML:

If there anything we can to do to assist your participation please note this here (e.g. mobility, language, tech support):

Please return your booking form to your key worker or directly to:

Julie Watson

Email: julie@womensaideml.org